

THE PICNIC LUNCH

REALLY THE STAR FEATURE OF DAY'S OUTING.

Proper Arrangement and Packing of Food Necessary if One Would Have the Feast Tempting and Palatable.

Too much luggage spoils the picnic, and yet the little feast is the star feature of the day. How, then, to carry enough to eat, and at the same time have it look tempting?

There is a hamper made of light-weight wicker and yet strong enough to stand the wear of many outings in the woods.

A telescope shape is easy to handle and its size can be regulated to fit the contents so readily that the woman who thinks ahead and of the party's return is sure to choose this style instead of the square or oblong hamper made after the fashion of the English tea basket.

Straw cases for bottles, cups and glasses are superior in many ways to leather ones. The lighter covering may not wear so well as the others, but it looks much cooler. Hamper fittings can be bought separately and tucked away in a plain basket, and if well packed no danger of breakage need be feared.

Wooden plates are really much more picnicy than china. If sandwiches and cakes are placed on plates when the basket is being arranged and each one is wrapped first in a napkin wrung out in ice water, then in baker's or paraffine paper the food will be kept perfectly fresh, and it can be placed at once on the picnic table when the time for luncheon has arrived. Lettuce leaves that have been packed loosely in a linen bag thoroughly dampened with ice water will help to give the luncheon table a fresh, cool and inviting air and they can be used to garnish the plates of cold meats and salads. This is an excellent way to carry green salads, and if the dressing is made just before starting and carried in a bottle, or the ingredients packed so that the dressing can be mixed by the salad expert while the luncheon is being spread out, the salad will be fresh and crisp.

Tiny cones of salt and pepper, one packet for each member of the party, are easier to carry and much less trouble than to take along a set of shakers.

There are such perfect ways now of carrying hot or cold liquids and keeping them at their original temperature that few picnic parties bother with making tea or coffee at the grounds. A basket that is well packed with edibles which have been properly chilled before starting seldom gets warm and mussy if it is handled carefully and kept out of the sun. Plates and cups can be kept on the ice for a while before they are tucked away in the hamper and they will stay cold for some time.

Tinned and bottled foods are best taken in small lots so that they can be opened as needed and the empty boxes or bottles thrown away at once. Having a number of things in this way does away with passing the food from one end of the table or luncheon cloth to the other. Paper napkins are good enough for the average outdoor function of this kind. They should, however, be supplied in quantities so that they may be used for covering the plates, for wiping off dust and for cleaning the dishes after the meal is over.

Egg Salad.

Boil eight eggs 15 minutes, chop, pepper and salt, then make dressing of one teaspoon flour, one teaspoon sugar, one teaspoon butter, one of ground mustard half a cup of good vinegar. Cook five minutes and pour over eggs, add nuts if you like.

Just Suppose.

"Just suppose," said Brother Dickey, "heaven wuz one big watermelon patch, an' it wuz de Fo'th er July de year roun!"

"Go long, man," said Brother Wilhams, "you almos' makes me want ter go dar!"—Atlanta Constitution.

Important to Mothers.

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No Offense.

Miss Passay—Old Dr. Gruff was remarking to-day that the weather this spring was just like that of 1876 and he asked me if I didn't remember.

Miss Knox—Yes?

Miss Passay—Yes. Positively insulting, wasn't it?

Miss Knox—Oh, surely not intentionally so. He probably doesn't know what a wretched memory you have.—Philadelphia Press.

The Sort of Thing He Liked.

In an early day in Stone county, Missouri, a farmer's boy rushed into the office of Dr. T. J. McCord of Gaiena and urged the doctor to come quickly to see his father, who seemed to be dying. Said the doctor, "What ails him, and what has he eaten?"

The boy said: "Oh, nothing much but 14 roastin' ears for supper."

"Well," said the doctor, "just go back and throw him a couple of bundles of oats and tell him I will be up there in about 30 minutes."—From Judge's Library.

IN TOYDOM.



Billy Block—A Teddy bear! And here I've went and shot me last stone at a canary bird! Drat the luck!

WONDERED WHY Found the Answer Was "Coffee."

Many pale, sickly persons wonder for years why they have to suffer so, and eventually discover that the drug—caffeine—in coffee is the main cause of the trouble.

"I was always very fond of coffee and drank it every day. I never had much flesh and often wondered why I was always so pale, thin and weak.

"About five years ago my health completely broke down and I was confined to my bed. My stomach was in such condition that I could hardly take sufficient nourishment to sustain life.

"During this time I was drinking coffee, didn't think I could do without it.

"After awhile I came to the conclusion that coffee was hurting me, and decided to give it up and try Postum. I didn't like the taste of it at first, but when it was made right—bottled until dark and rich—I soon became very fond of it.

"In one week I began to feel better. I could eat more and sleep better. My sick headaches were less frequent, and within five months I looked and felt like a new being, headache spells entirely gone.

"My health continued to improve and today I am well and strong, weigh 148 lbs. I attribute my present health to the life-giving qualities of Postum."

"There's a Reason."

Name given by Postum Co., Battle Creek, Mich. Read, "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

THE INTERSTATE FAIR.

Rapid Progress Being Made in Preparation for the Opening.

Practically every building is completed, and by August 20th everything will be in readiness at Overland Park, Denver, for the first annual Colorado Interstate Fair and Exposition to be held September 7th-12th.



HORSE EXHIBIT BUILDING.

This is to be a pure bred live stock show, and G. C. Fuller, acting secretary, says that the entries, for the horse and cattle departments which close on August 15th, are coming rapidly, and that there is every indication that this will be by far the greatest pure bred stock show ever seen west of the Missouri river.

Some of the finest bred horses and cattle in the United States have already been entered, and word has been received by Mr. Fuller from other breeders that they will enter. Two buildings,

each 78x285 feet in size and provided with every modern convenience, have been built for the cattle and horse exhibit, and of the \$25,000 in cash premiums offered, more than \$6,000 is put up for cattle, and nearly \$4,000 for horses, with other department premiums correspondingly high.

Mr. Fuller says that requests for the premium list are coming in by every mail, and that entries are rapidly filling in the various departments.

Resents Good Advice.

That there is a startling difference between the temper of the rising generation and that of the youth whose young ideas shot up according to the teachings of Mrs. Hannah More and "Sanford and Merton," has recently been proven by a little seven-year-old girl, who was laboriously spelling her way through a reading lesson.

"Al-ways speak the truth," she said, "and o-bey your par-ents."

"Be gen-tle and qui-et. Nev-er slam the door and shout and scream a-bout the house."

"At the table eat slowly; not in a greedy man-ner like a pig."

Suddenly the little girl shut the book with a portentous bang and announced with firmness and decision: "I'm not going to let any old third reader boss me like that!"—Rochester Herald.

Died in Infancy.

There is a section of North Carolina, said to be remarkable by reason of the longevity of its inhabitants, which has been the inspiration of many good stories.

Perhaps the best of the lot is one told by a Representative in Congress from that state. It is to the effect that a native of the region mentioned, who had attained the age of ninety-two, was returning, with his wife, aged ninety, from the funeral of their eldest child—deceased at the age of sixty-nine.

As they mournfully discussed the subject of their grief, the wife said with a sigh:

"Ezekiel, I allers tote you we'd never raise that chile."

Wants vs. Needs.

Little Dot—Oh, Mamma, the organ-grinder's monkey is at the window, an' he has a little round box in his hand.

Mamma—Well, my pet, what do you think he wants?

Little Dot (after a glance at the organ-grinder)—I desra he wants to borrow some soap.—New York Weekly.

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